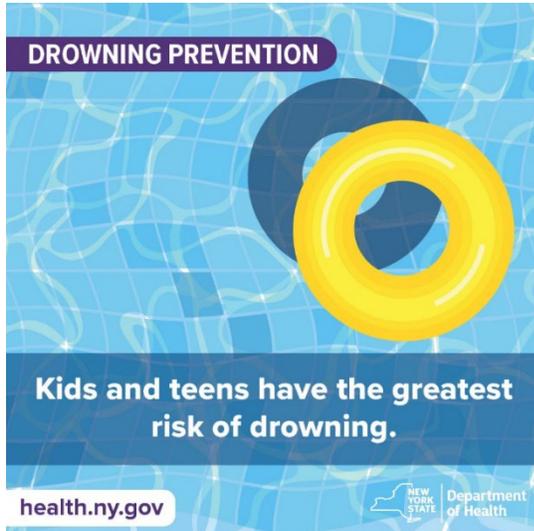




DROWNING PREVENTION

GRAPHIC 1:



FACEBOOK: 🏊 Every New Yorker should make water safety a priority this summer. Visit “Safe and Healthy Swimming” for water safety tips from @NYSDOH – New York State Department of Health today:
<https://www.health.ny.gov/SwimSafe>

TWITTER: 🏊 Every New Yorker should make water safety a priority this summer. Visit “Safe and Healthy Swimming” for water safety tips from @HealthNYGov today:
<https://www.health.ny.gov/SwimSafe>

INSTAGRAM: 🏊 Every New Yorker should make water safety a priority this summer. Visit “Safe and Healthy Swimming” for water safety tips from @nysdoh today. Link in bio.
<https://www.health.ny.gov/SwimSafe>

GRAPHIC 2:





Public Health Toolkit Social Media



FACEBOOK: Each year in New York State, hundreds of people drown or are hospitalized for injuries that occur while underwater. Take a few minutes to read through how to prevent a drowning and share with someone you know: <https://www.health.ny.gov/SwimSafe>

TWITTER: Each year in New York State, hundreds of people drown or are hospitalized for injuries that occur while underwater. Take a few minutes to read through how to prevent a drowning from @HealthNYGov and share with someone you know: <https://www.health.ny.gov/SwimSafe>

INSTAGRAM: Each year in New York State, hundreds of people drown or are hospitalized for injuries that occur while underwater. Take a few minutes to read through how to prevent a drowning from @nysdoh and share with someone you know. Link in bio. <https://www.health.ny.gov/SwimSafe>

GRAPHIC3:



FACEBOOK: 🚤 ⚓ Drownings are associated with all kinds of watercraft: motorboats, canoes, rowboats, rafts, paddleboats, sailboats, and kayaks. If you plan to spend time on or near the water this summer, you'll want to read these prevention tips from @NYSDOH - New York State Department of Health:

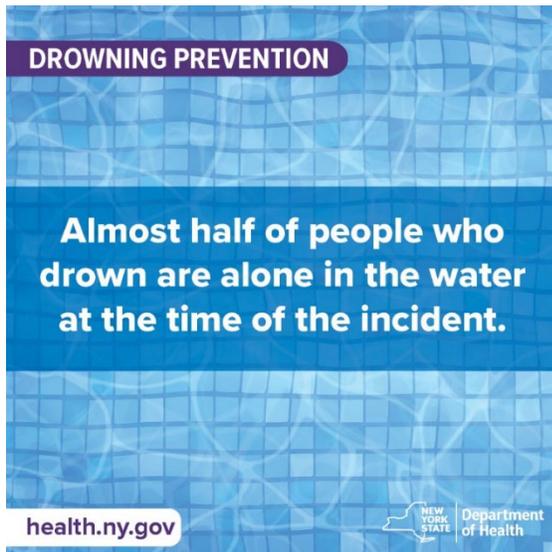
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TWITTER: 🚤 ⚓ Drownings are associated with all kinds of watercraft: motorboats, canoes, rowboats, rafts, paddleboats, sailboats & kayaks. If you plan to spend time on or near the water this summer, you'll want to read these prevention tips from @HealthNYGov:

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GRAPHIC4:



FACEBOOK: Always swim with others and keep an eye on each other. Parents should make sure they are watching their children, even when other adults or a lifeguard are present. Learn more from @NYSDOH - New York State Department of Health about drowning prevention:

<https://www.health.ny.gov/SwimSafe>

TWITTER: Always swim with others and keep an eye on each other. Parents should make sure they are watching their children, even when other adults or a lifeguard are present. Learn more from @HealthNYGov:

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INSTAGRAM: Always swim with others and keep an eye on each other. Parents should make sure they are watching their children, even when other adults or a lifeguard are present. Learn more from @nysdoh about drowning prevention. Link in bio. <https://www.health.ny.gov/SwimSafe>

GRAPHIC5:



FACEBOOK: 🧑‍🦯 Recognize a drowning person when you see one. People often think that if someone is not calling for help that they are not drowning. Remember that when someone is drowning, they are trying to breathe, not speak. It may appear that the person is splashing or waving, but this may be an involuntary



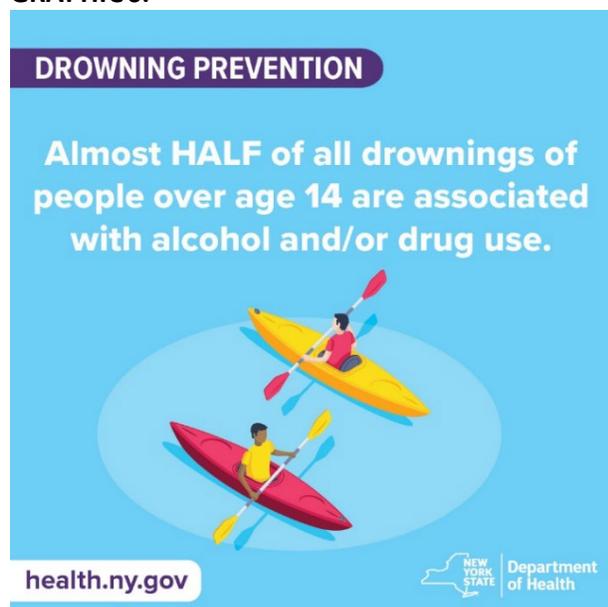
response to try to stay afloat. Progression from struggling to drowning can happen in as few as 20 seconds.

Learn more: <https://www.health.ny.gov/SwimSafe>

TWITTER: Some may think if someone is not calling for help, that person is not in trouble. When someone is drowning, they are trying to breathe, not speak. Someone drowning may appear to be splashing or waving when they are struggling to stay afloat. Learn more: <https://www.health.ny.gov/SwimSafe>

INSTAGRAM: 🗣️ Recognize a drowning person when you see one. People often think that if someone is not calling for help that they are not drowning. Remember that when someone is drowning, they are trying to breathe, not speak. It may appear that the person is splashing or waving, but this may be an involuntary response to try to stay afloat. Progression from struggling to drowning can happen in as few as 20 seconds. Learn more. Link in bio. <https://www.health.ny.gov/SwimSafe>

GRAPHIC 6:



FACEBOOK: ▶️ Avoid drugs and alcohol while swimming. They slow reaction time and impair judgment.

➡️ Learn how you can prevent a drowning with tips from @NYSDOH - New York State Department of Health: <https://www.health.ny.gov/SwimSafe>

TWITTER: ▶️ Alcohol slows reaction time, affects balance & judgment. Avoid alcohol when swimming or boating.

➡️ Learn how you can prevent a drowning with tips from @HealthNYGov: <https://www.health.ny.gov/SwimSafe>

INSTAGRAM: ▶️ Alcohol slows reaction time and affects balance and judgment. Avoid alcohol if you plan on swimming or boating.

➡️ Learn how you can prevent a drowning with tips from @nysdoh. Link in bio. <https://www.health.ny.gov/SwimSafe>

GRAPHIC 7:

Slide 1:



DROWNING PREVENTION

Each year in New York State, hundreds of people drown or are hospitalized for injuries that occur while underwater.

health.ny.gov



Slide 2:

DROWNING PREVENTION

Reduce your risk by learning basic swimming skills. Consider taking a CPR class.

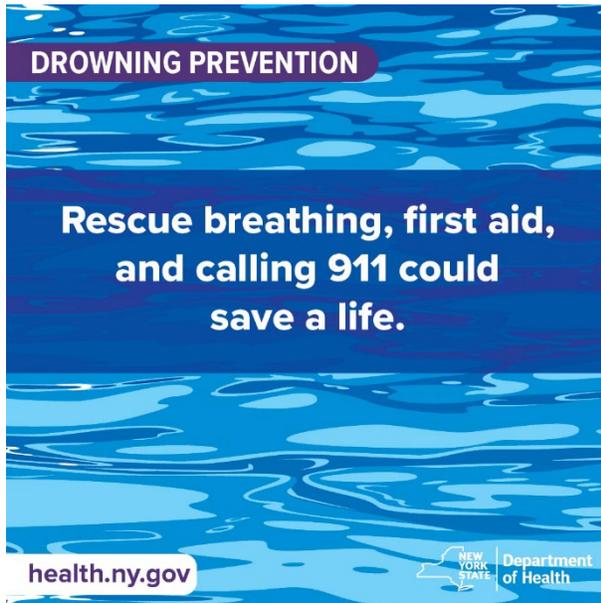
health.ny.gov



Slide 3:



Public Health Toolkit Social Media



FACEBOOK: Reduce your risk by learning basic swimming skills. Consider taking a CPR class. Rescue breathing, first aid, and calling 911 could save a life. Read more from @NYSDOH – New York State Department of Health: <https://www.health.ny.gov/SwimSafe>

TWITTER: Reduce your risk by learning basic swimming skills. Consider taking a CPR class. Rescue breathing, first aid, and calling 911 could save a life. Read more from @HealthNYGov: <https://www.health.ny.gov/SwimSafe>

INSTAGRAM: Reduce your risk by learning basic swimming skills. Consider taking a CPR class. Rescue breathing, first aid, and calling 911 could save a life. Read more from @nysdoh. Link in bio. <https://www.health.ny.gov/SwimSafe>